

CA Assembly District 79 Nutrition Insecurity Dashboard: September 2023



What is "nutrition insecurity"?
 "Nutrition insecurity" is not having reliable access to 3 healthy meals a day. San Diego Hunger Coalition estimates the nutrition insecure population to be households with income below 200% of Federal Poverty Level (\$60K/year for a family of 4). Research indicates this to be a conservative estimate of the population needing food assistance to obtain adequate daily nutrition.

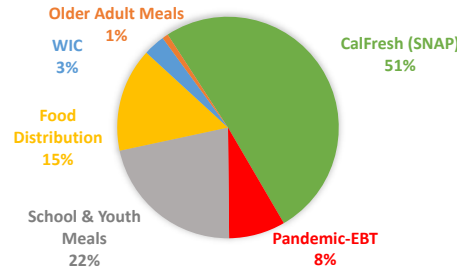
Nutrition Insecurity: Total Population		Nutrition Insecurity: Children & Youth (0-18)		Nutrition Insecurity: Older Adults (60+)	
District 79 Total Population	Estimated People Nutrition Insecure	Total Children & Youth in District 79	Estimated Kids Nutrition Insecure	Total Seniors in District 79	Estimated Seniors Nutrition Insecure
469,407	167,247	104,280	47,915	83,134	26,233
% of Total Population Nutrition Insecure		% of Children & Youth Nutrition Insecure		% of Older Adults Nutrition Insecure	
36% compared to 25% in SD County		46% compared to 32% in SD County		32% compared to 25% in SD County	

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 For maps, data tables and additional dashboards by electoral district, please visit www.sdhunger.org/research.

Food Assistance Meals Provided in September

Food Source	Total Meals
CalFresh (SNAP)	3,336,999
Pandemic-EBT	542,435
School & Youth Meals	1,433,081
Food Distribution	997,382
WIC	207,121
Older Adult Meals	57,375
Food Distribution Program on Indian Reservations (FDPIR)	-
Total Meals Provided in Month	6,574,393

% of Food Assistance Meals by Source



Comparing types of food assistance based on USDA Moderate Cost Food Plan:

1 nutritious meal
 =
 1.85 pounds of food
 =
 \$4.46 on an EBT card (metro)**
 =
 \$5.43 on an EBT card (rural)**

** Cost of nutritious meal adapted for San Diego prices and population.

Calculating Missing Meals

Step 1: Total Meals Needed by Nutrition Insecure Population
15,261,253

Step 2: Subtract Estimated Self-Purchased Meals
8,000,507

Step 3: Subtract Total Food Assistance Meals Provided
6,574,393

Missing Meals in District 79: September 2023
686,353

CalFresh Participation

District 79 Total Participation	Number of People
CalFresh Recipients in September	85,141
Est. Total Population Eligible for CalFresh	127,671
Estimated CalFresh Participation Rate in District 79	67%
Potential New CalFresh Enrollees	42,531
Additional monthly meals if half of eligible pop. was enrolled	922,227
\$ Issued for food from CalFresh in September	\$14,899,126
Estimated total economic impact from CalFresh spending	\$26,669,436

District 79 Senior Participation	Number of Seniors
Senior CalFresh Recipients in September	18,403
Est. Total Seniors Eligible for CalFresh	24,973
Estimated Senior CalFresh Participation Rate	74%
Potential New Senior CalFresh Enrollees	6,570

For full methodology and maps of CalFresh participation and potential enrollees, as well as all of this data by electoral district, visit: www.sdhunger.org/research.

Methodology:
 Hunger Free San Diego calculates the CalFresh participation rates based on the likely eligible population with income below 185% of the Federal Poverty Level (FPL). In California, households with income up to 200% FPL are encouraged to apply.